

## **ABSTRACT**

An apparatus is provided that allows individuals of diverse skill levels to improve their  
5 respective sports-related swings. The apparatus provides visual, auditory and tactile feedback as  
to whether an individual is correctly “loading”, “retaining”, and “releasing” the inherent power  
of the training apparatus. The training apparatus enables an individual to fine tune his/her swing  
to maximize power delivery, e.g., in driving a golf ball, striking a hockey puck, or hitting a  
baseball. A slidable member is provided that moves along a shaft between an upper member and  
10 a lower member. A retaining mechanism restrains the slidable member in a cocked position, i.e.,  
in juxtaposition with the upper member, until a predetermined force is created through swinging  
of the shaft.

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